

CHUKA

UNIVERSITY



**UNIVERSITY EXAMINATIONS**

**EXAMINATION FOR THE AWARD OF DEGREE OF BACHELOR OF  
SCIENCE IN HUMAN NUTRITION AND DIETETICS**

**HNDS 352: NUTRITION IN DISEASE MANAGEMENT II**

**STREAMS: BSc. HNDS**

**TIME: 2 HOURS**

**DAY/DATE: MONDAY 14/04/2025**

**2.30 P.M. – 4.30 P.M.**

**INSTRUCTIONS**

- Answer **ALL** questions
- Do not write anything on the question paper
- **No** use of mobile phones or any other unauthorized materials
- Write your answers legibly and use your time wisely

**SECTION A: MULTIPLE CHOICE QUESTIONS (20 MARKS)**

1. Which of the following statement is true about postoperative nutrition care in surgery?

- A. Oral intake including clear liquids can be initiated within hours after surgery to most patients undergoing colon resections
- B. Oral intake should be adopted to individual tolerance and to the type of surgery carried out
- C. Initiate normal food intake or enteral feeding earlier after gastro intestinal surgery
- D. Oral feeding is often delayed for the first 6 – 12 hrs following surgery

2. What is a critical consideration in the nutritional assessment of burn patients?

- A) Family medical history
- B) Past surgical history
- C) Burn size and depth
- D) Dental health status

3. How does proper fluid intake contribute to the nutrition management of pulmonary diseases?

- A) To induce dehydration
- B) To prevent electrolyte imbalances
- C) To increase the risk of infection
- D) Fluid balance is not a concern in burn cases

4. What dietary component is often restricted for individuals with hepatitis to reduce stress on the liver?

- A) Protein
- B) Carbohydrates
- C) Fat
- D) Fiber

5. What is the recommended approach to alcohol consumption for individuals with hepatitis?

- A) Moderate alcohol intake is acceptable
- B) Abstain from alcohol completely
- C) Consume alcohol only on weekends
- D) Drink alcohol with meals

6. What is a potential complication associated with enteral nutrition?

- A) Increased risk of dehydration
- B) Delayed wound healing
- C) Tube dislodgement
- D) Reduced risk of infection

7. Which parameter is crucial to monitor during parenteral nutrition to assess for potential complications?

- A) Skin color
- B) Blood pressure
- C) Blood glucose levels
- D) Respiratory rate

8. In which situation would a high-calorie enteral formula be most appropriate?

- A) For weight loss purposes
- B) In patients with malabsorption disorders

- C) For children only
- D) As a standard formula for all patients

9. How does vitamin C contribute to disease management?

- A) By promoting bone health
- B) By enhancing immune function
- C) By regulating blood pressure
- D) By supporting nerve function

10. What is the role of vitamin D in the management of bone-related disorders?

- A) It promotes calcium excretion
- B) It increases bone resorption
- C) It enhances calcium absorption and bone mineralization
- D) It reduces collagen production

11. How does vitamin E contribute to disease management?

- A) By promoting blood clotting
- B) By inhibiting immune function
- C) By acting as an antioxidant and protecting cells from oxidative damage
- D) By increasing cholesterol levels

12. How does vitamin A contribute to the management of vision-related disorders?

- A) It improves hearing
- B) It supports immune function
- C) It enhances night vision and prevents blindness
- D) It reduces blood pressure

13. What are common symptoms of a food allergy reaction?

- A) Increased energy levels
- B) Enhanced sleep quality
- C) Hives, swelling, and difficulty breathing
- D) Improved mood

14. What is a common anthropometric measurement used in nutrition assessment?
- A) Blood pressure
  - B) Body mass index (BMI)
  - C) Blood glucose levels
  - D) Respiratory rate
15. What type of symptoms are typically associated with food intolerance?
- A) Respiratory symptoms
  - B) Skin rashes
  - C) Digestive symptoms such as bloating, gas, and diarrhea
  - D) Joint pain
16. According to the commonly used classification system, which degree of burn injury involves damage to the epidermis and causes redness but no blisters?
- A) First-degree burn
  - B) Second-degree burn
  - C) Third-degree burn
  - D) Fourth-degree burn
17. What is a common approach to managing food allergies?
- A) Homeopathic remedies
  - B) Strict avoidance of the allergenic food
  - C) Acupuncture
  - D) Positive thinking exercises
18. What is a common component of gallstones that contributes to their formation?
- A) Sodium
  - B) Calcium
  - C) Cholesterol
  - D) Iron
19. Which factor is commonly associated with an increased risk of developing gallstones?
- A) Regular physical activity
  - B) Low-fat diet

- C) Pregnancy and hormonal changes
- D) High fiber intake

20. Which of the following is a primary cause of (COPD) Chronic obstructive pulmonary disease?

- A) Allergies
- B) Bacterial infections
- C) Tobacco smoke exposure
- D) Vitamin deficiency

**SECTION B: SHORT ANSWER QUESTIONS (20 MARKS)**

1. Define the following terms as used in nutrition in disease management
  - a) Nutrition (2 marks)
  - b) Food allergy (2 marks)
2. Describe three (3) methods of enteral nutrition administration as used in disease management (6 marks)
3. Distinguish between chronic bronchitis and chronic obstructive pulmonary disease (4 marks)
4. Describe two (2) types of gallstones that affect humans (4 marks)
5. Highlight two (2) types of mechanically inserted tube during enteral feeding (2 marks)

**SECTION C: LONG ANSWER QUESTIONS (30 MARKS)**

1. Peter, a 52-year-old man was diagnosed with liver cirrhosis. Describe five (5) nutrients required for medical nutrition therapy of his condition (10 marks)
2. Mary took her child due to rashes developing on the body. She was informed that her child had a food allergy. As a dietitian, describe four ways that you would employ to diagnose food allergies (10 marks)
3. Describe five (5) risk factors of osteoporosis (10 marks)

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